

Welcome to the AIS Come And Try It rogaine! We hope you have fun and discover some new things around the AIS site and surrounds. It was fun setting the course.

You can visit various locations around the AIS site, up to the wetlands near Ginnindera Drive, past CIT and Calvary and make your way into Bruce Ridge and O'Connor Ridge depending on your fitness and sense of adventure. You can stay on the tracks or go through the bush if you desire. There are good views near 81, a sculpture near 61, lots of frogs at 80, and you might see some interesting birds at the wetlands near 70.

You have 45 minutes to visit control locations and return to the start. Each control scores points according to its number – e.g. 42 scores 40 points, 61 scores 60 and so on. Descriptions are in the table at the bottom of the map as well as the scores if your mental arithmetic is a bit rusty. Higher point values are not any harder to find. Take some time to plan a route that gives you options for a few more if you make faster progress, or to skip some if time starts to run short. If you are late you will lose 30 points for every minute or part you are over time.

The map has been made from a combination of public data and GPS tracks. There may be some errors, and tracks are of varying size, especially the black dashed tracks which may be walking paths, MTB singletrack or old firetrails. Fences and gates are not marked, and there may be other tracks not on the map.

There are a few hazards on the course to be aware of. There is works taking place at the eastern reservoir on the top of Bruce Ridge, the access track has been upgraded and there may be heavy vehicle movements. There will be traffic on the roads and other users on bike paths or other tracks, some may be moving quickly and not expecting to see you. **The main road Gungahlin Drive should only be crossed using the three tunnels marked in light blue.**

There are a number of out of bounds areas marked – most of these have high fences around them.

The pink nearly vertical lines mark magnetic north. You shouldn't need a compass, but most phones have one if you need to orientate the map. If you get lost, Gungahlin Drive is a major feature and has access tracks on both sides, or head up to the top of the ridge and find your bearings.

Enjoy!

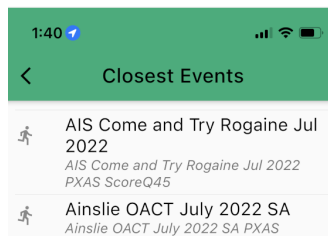
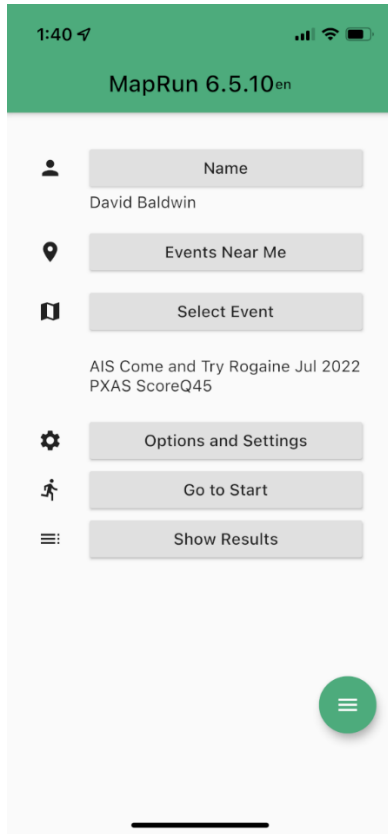
### [Maprun App instructions](#)

Install MapRun6 app from App Store. It needs access to your location to use GPS when it is running, and allow notifications so it can notify you when you get to the controls. Open the app and choose "Events Near Me" – the AIS Come and Try Rogaine should be at the top of the list.

Open Options and Settings and all the way down at the bottom, use "Check Notification Settings" to test whether the phone will make a noise or other alert. You can choose different sounds if desired. Make sure your phone is not in silent mode.

When you are ready to go, click "Go to Start" and approach the Acrobats sculpture. The app should beep and the clock start running if you are stopwatch display. Your time begins now. Don't be late – 30 points per minute or part after 45 minutes. It may take a few seconds for the app to register your visit at a control.

MapRun home screen and Events Near Me.



Options and Settings – bottom, and stopwatch mode after hitting “Go to Start”

